Self-Guided
Core Values Assessment

Introduction

This exercise will help you clarify your core values. It is a challenging exercise, and it will be more meaningful if you do it silently and on your own.

During the process you will highlight the values most important to you. To do that, you'll remove some from the list. This *does not mean that you are throwing values away*. The ones you identify as important will always be important. The narrowing process helps you determine your CORE Values. Pay attention to your inner dialogue as you make choices. Your process will reveal interesting truths about yourself.

Thank you for your interest in values and ethical leadership.

Instructions

1. Review the values on the assessment worksheet. At the bottom notice there are a few blank lines. Use these lines to add any values that are important to you, but are not listed.

2. Put a star next to all of the value words that are very important to you, including any you may have added. This will become your personal set of values.

3. Narrow the list to your top **eight** values by crossing off less important ones or circling more important ones. Take two to three minutes to do this.

4. Now narrow the list to **five,** using the same process.

5. Now narrow the list to **three.**

6. And finally, choose your **top two** core values.